

The background is a dark blue gradient with a circular pattern. Overlaid on this are white line-art illustrations of various fresh ingredients, including leafy greens, mushrooms, tomatoes, avocados, and other vegetables, arranged in a circular fashion around the central text.

Weight Loss Menu



YoloPlans



Dear guests

As a chef deeply passionate about both culinary excellence and personal well-being, I embarked on a mission to redefine the conventional approach to weight loss. Inspired by the desire to debunk the myth that healthy eating equals bland or uninspiring meals, I set out to create a menu that marries the elegance of gourmet cuisine with the principles of nutrition.

My journey toward developing this menu was fueled by a dedication to innovation and a commitment to accessibility. Drawing upon my culinary expertise and collaborating with nutritionists, I meticulously curated a selection of recipes that prioritize wholesome ingredients, balanced flavors, and portion control.

This Weight Loss Menu stands out amidst a sea of fad diets and quick-fix solutions by offering a sustainable approach to weight management. By focusing on the art of cooking and the science of nutrition, we empower individuals to cultivate a healthy relationship with food, one delicious meal at a time.

Together, let's savor the joy of gourmet dining while nurturing our bodies from within.

- Chef Ken

Monday
22
SEP 2025

HERB CHICKEN

LUNCH



with Aglio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

Regular Plan			
480kcal	36g		
Calories	Protein		
48g	16g		
Carbs	Fat		
Large Plan			
720kcal	54g		
Calories	Protein		
72g	24g		
Carbs	Fat		

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

Regular Plan			
395kcal	32g	38g	13g
Calories	Protein	Carbs	Fat
Large Plan			
555kcal	45g	53g	18g
Calories	Protein	Carbs	Fat

DINNER

Cumin Carrot Soup



Regular Plan			
120kcal	6g	6g	8g
Calories	Protein	Carbs	Fat
Large Plan			
120kcal	6g	6g	8g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Green Curry Chicken

LUNCH



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

Regular Plan			
455kcal	31g	49g	15g
Calories	Protein	Carbs	Fat
Large Plan			
685kcal	47g	74g	23g
Calories	Protein	Carbs	Fat

Tuesday
23
SEP 2025

Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

Regular Plan			
360kcal	36g	34g	9g
Calories	Protein	Carbs	Fat
Large Plan			
540kcal	54g	51g	14g
Calories	Protein	Carbs	Fat

TOFU CHOCOLATE BROWNIE



SNACK

Regular Plan			
185kcal	8g	20g	8g
Calories	Protein	Carbs	Fat
Large Plan			
185kcal	8g	20g	8g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Wednesday
24

SEP 2025

Regular Plan

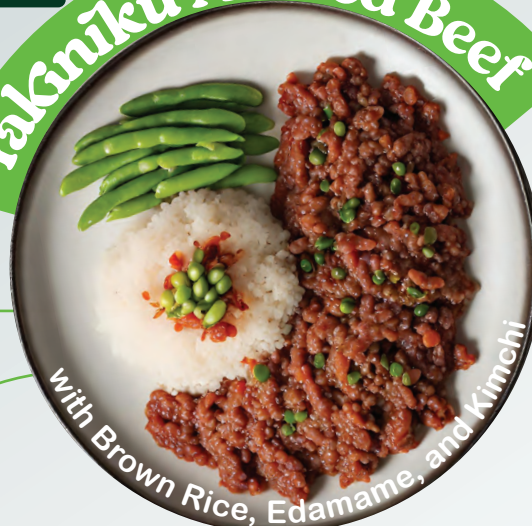
465kcal	36g
Calories	Protein
46g	15g
Carbs	Fat

Large Plan

670kcal	52g
Calories	Protein
67g	22g
Carbs	Fat

LUNCH

Yakniku Minced Beef



Regular Plan

420kcal	37g	41g	12g
Calories	Protein	Carbs	Fat

Large Plan

610kcal	54g	59g	17g
Calories	Protein	Carbs	Fat

PERI PERI CHICKEN



SNACK

Images are for illustration only.

Regular Plan

125kcal	4g	2g	11g
Calories	Protein	Carbs	Fat

Large Plan

125kcal	4g	2g	11g
Calories	Protein	Carbs	Fat

PEANUT BUTTER CHOCOLATE ENERGY BITES



LUNCH

Basil Minced Chicken



Regular Plan

440kcal	36g	42g	14g
Calories	Protein	Carbs	Fat

Large Plan

635kcal	52g	61g	20g
Calories	Protein	Carbs	Fat

Thursday
25

SEP 2025

Regular Plan

390kcal	36g	35g	12g
Calories	Protein	Carbs	Fat

Large Plan

590kcal	54g	53g	18g
Calories	Protein	Carbs	Fat

Low Fat Cheesecake



BAKED LEMONGRASS BARRAMUNDI



DINNER

SNACK

Regular Plan

170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat

Large Plan

170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Friday
26
SEP 2025

Regular Plan

445kcal
Calories
41g
Carbs
28g
Protein
19g
Fat

Large Plan

650kcal
Calories
59g
Carbs
41g
Protein
28g
Fat

LUNCH

Beef Patties



WITH MASHED SWEET POTATO, GREEN PEAS, AND CORIANDER LIME SAUCE

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Regular Plan

385kcal
Calories
32g
Protein
39g
Carbs
11g
Fat

Large Plan

575kcal
Calories
48g
Protein
59g
Carbs
17g
Fat

DINNER

Peanut Butter Chocolate Cookie



SNACK

Images are for
illustration only.

Regular Plan

180kcal
Calories
4g
Protein
5g
Carbs
16g
Fat

Large Plan

180kcal
Calories
4g
Protein
5g
Carbs
16g
Fat

LUNCH

Peranakan Curry Chicken



With Basmati Rice, Cauliflower, and Lady Finger

Regular Plan

455kcal
Calories
34g
Protein
46g
Carbs
15g
Fat

Large Plan

660kcal
Calories
49g
Protein
67g
Carbs
22g
Fat

Monday
29
SEP 2025

Beef Meatballs



With Mashed Potatoes, Tomato Sauce, Saute Green Peas, and Carrot

DINNER

Regular Plan

420kcal
Calories
36g
Protein
38g
Carbs
14g
Fat

Large Plan

610kcal
Calories
52g
Protein
55g
Carbs
20g
Fat

SNACK

Peanut Butter Chocolate Energy Bites



Regular Plan

125kcal
Calories
4g
Protein
3g
Carbs
11g
Fat

Large Plan

125kcal
Calories
4g
Protein
3g
Carbs
11g
Fat

Images are for
illustration only.

Tuesday
30
SEP 2025

Regular Plan

445kcal
Calories
44g
Carbs
33g
Protein
15g
Fat

Large Plan

665kcal
Calories
66g
Carbs
50g
Protein
23g
Fat

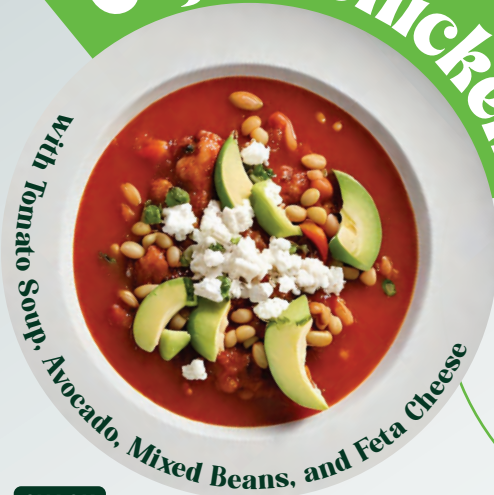
LUNCH

Sambal Seafood and Tofu



WITH BROWN RICE AND SHANGHAI GREEN

Cajun Chicken



WITH TOMATO SOUP, AVOCADO, MIXED BEANS, AND FETA CHEESE

Regular Plan

370kcal
Calories
35g
Protein
22g
Carbs
16g
Fat

Large Plan

560kcal
Calories
53g
Protein
33g
Carbs
24g
Fat

DINNER

TOFU CHOCOLATE BROWNIE



SNACK

Images are for illustration only.

Regular Plan

185kcal
Calories
8g
Protein
20g
Carbs
8g
Fat

Large Plan

185kcal
Calories
8g
Protein
20g
Carbs
8g
Fat

MALA CHICKEN



WITH BROWN RICE AND HONEY SOY MIX VEGGIES

LUNCH

Regular Plan

460kcal
Calories
36g
Protein
45g
Carbs
15g
Fat

Large Plan

665kcal
Calories
52g
Protein
65g
Carbs
22g
Fat

Herb Chicken



WITH ROASTED HERB VEGGIES, QUINOA SALAD, POMEGRANATE, AND HONEY CITRUS DRESSING

DINNER

SNACK

CARROT CAKE



WITH CASHIEW FROSTING

Regular Plan

370kcal
Calories
37g
Protein
28g
Carbs
12g
Fat

Large Plan

535kcal
Calories
54g
Protein
41g
Carbs
17g
Fat

Regular Plan

180kcal
Calories
8g
Protein
19g
Carbs
8g
Fat

Large Plan

180kcal
Calories
8g
Protein
19g
Carbs
8g
Fat

Images are for illustration only.

Thursday

02

OCT 2025

Regular Plan

445kcal
Calories
45g
Carbs
32g
Protein
15g
Fat

Large Plan

640kcal
Calories
65g
Carbs
46g
Protein
22g
Fat

LUNCH

Yuxiang Roasted Chicken



with Shiitake, Brown Rice, and Bok Choy

Regular Plan

430kcal
Calories
38g
Protein
38g
Carbs
14g
Fat

Large Plan

645kcal
Calories
57g
Protein
57g
Carbs
21g
Fat

Fresh Herb and Lemon Barramundi Fish



with Roasted Potatoes and French Beans

SNACK

Images are for illustration only.

Regular Plan

120kcal
Calories
4g
Protein
4g
Carbs
10g
Fat

Large Plan

120kcal
Calories
4g
Protein
4g
Carbs
10g
Fat

PISTACHIO AND DATES ENERGY BITES



LUNCH

GREEN CURRY CHICKEN



with Basmati Rice, Eggplants, and Long Beans

Regular Plan

475kcal
Calories
36g
Protein
47g
Carbs
16g
Fat

Large Plan

690kcal
Calories
52g
Protein
68g
Carbs
23g
Fat

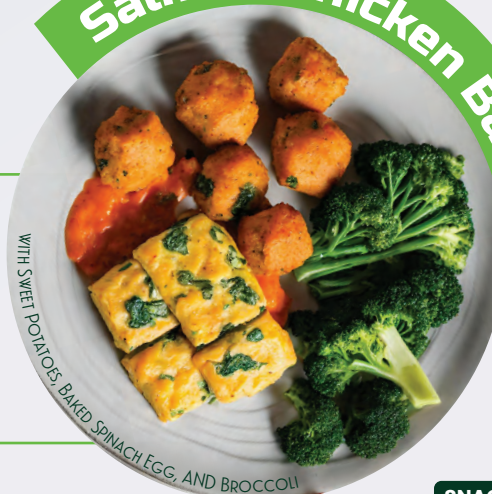
Friday

03

OCT 2025

OCT 2025

Salmon Chicken Balls



WITH SWEET POTATOS, BAKED SPINACH EGG, AND BROCCOLI

DINNER

Regular Plan

385kcal
Calories
31g
Protein
34g
Carbs
14g
Fat

Large Plan

560kcal
Calories
45g
Protein
49g
Carbs
20g
Fat

Overnight Oats



with Roasted Apple and Chia Seeds

Regular Plan

145kcal
Calories
5g
Protein
20g
Carbs
5g
Fat

Large Plan

145kcal
Calories
5g
Protein
20g
Carbs
5g
Fat

SNACK

Images are for illustration only.

Monday
06

OCT 2025

Regular Plan

470kcal
Calories
48g
Carbs
31g
Protein
17g
Fat

Large Plan

705kcal
Calories
72g
Carbs
47g
Protein
26g
Fat

LUNCH

BEEF CHILLI CON CARNE

with Brown Rice and Saute Green Peas

Regular Plan

360kcal
Calories
32g
Protein
38g
Carbs
9g
Fat

Large Plan

525kcal
Calories
46g
Protein
55g
Carbs
13g
Fat

DINNER

PERI PERI TILAPIA

with Roasted Potatoes, French Beans, and Carrot

SNACK

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Regular Plan

175kcal
Calories
5g
Protein
16g
Carbs
10g
Fat

Large Plan

175kcal
Calories
5g
Protein
16g
Carbs
10g
Fat

GLUTEN FREE BANANA BREAD



LUNCH

GONG BAD CHICKEN

with Brown Rice, Spicy Eggplant, and Garlic Choy Sum

Regular Plan

440kcal
Calories
35g
Protein
41g
Carbs
15g
Fat

Large Plan

660kcal
Calories
53g
Protein
62g
Carbs
23g
Fat

Tuesday
07

OCT 2025

Regular Plan

385kcal
Calories
29g
Protein
38g
Carbs
13g
Fat

Large Plan

560kcal
Calories
42g
Protein
55g
Carbs
19g
Fat

DINNER

Basil Minced Chicken

WITH RICE NOODLES AND HONEY SOY MIX VEGIES

SNACK

TOFU CHOCOLATE BROWNIE



Regular Plan

185kcal
Calories
8g
Protein
20g
Carbs
8g
Fat

Large Plan

185kcal
Calories
8g
Protein
20g
Carbs
8g
Fat

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illustration only.

Wednesday
08
OCT 2025

Regular Plan

465kcal
Calories
48g
Carbs
39g
Protein
13g
Fat

Large Plan

700kcal
Calories
72g
Carbs
59g
Protein
20g
Fat

LUNCH

Turmeric Chicken Nasi Lemak



with Basmati Rice, Boiled Egg, and Cucumber

Regular Plan

370kcal
Calories
36g
Protein
21g
Carbs
16g
Fat

Large Plan

540kcal
Calories
52g
Protein
30g
Carbs
23g
Fat

HONEY MISO BARRAMUNDI



with Cauliflower Rice and Saute Edamame

SNACK

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illustration only.

Regular Plan

170kcal
Calories
8g
Protein
14g
Carbs
9g
Fat

Large Plan

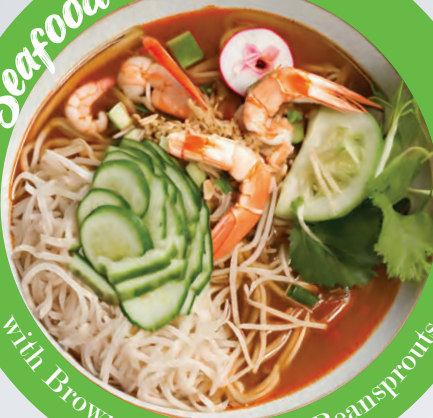
170kcal
Calories
8g
Protein
14g
Carbs
9g
Fat

LOW FAT CHEESECAKE



LUNCH

Seafood Tom Yam



with Brown Rice Noodles, Beansprouts, and Long Beans

Regular Plan

435kcal
Calories
31g
Protein
44g
Carbs
15g
Fat

Large Plan

630kcal
Calories
45g
Protein
64g
Carbs
22g
Fat

Thursday
09
OCT 2025

HERB CHICKEN BREAST



with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

DINNER

Regular Plan

405kcal
Calories
36g
Protein
41g
Carbs
11g
Fat

Large Plan

610kcal
Calories
54g
Protein
62g
Carbs
17g
Fat

Peanut Butter Chocolate Cookie



Regular Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Large Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

SNACK

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illustration only.

Friday
10
OCT 2025

Regular Plan

445kcal
Calories
47g
Carbs
35g
Protein
13g
Fat

Large Plan

645kcal
Calories
68g
Carbs
51g
Protein
19g
Fat

LUNCH

Roast Teriyaki Chicken

with Brown Rice, Stew Tofu, Bitter Gourd, and Red Capsicum

Regular Plan

440kcal
Calories
33g
Protein
36g
Carbs
18g
Fat

Large Plan

635kcal
Calories
48g
Protein
52g
Carbs
26g
Fat

DINNER

Zesty Moroccan Chicken Breast

with QUINOA, ROASTED PUMPKIN, CARROTS SALAD, AND BROCCOLI

SNACK

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illustration only.

Regular Plan

120kcal
Calories
4g
Protein
8g
Carbs
8g
Fat

Large Plan

120kcal
Calories
4g
Protein
8g
Carbs
8g
Fat

Chocolate Hazelnut Energy Bites



LUNCH

Yakiniku Minced Beef

with Sweet Potato Noodles, Kimchi Salad, and Edamame

Regular Plan

445kcal
Calories
33g
Protein
44g
Carbs
15g
Fat

Large Plan

640kcal
Calories
48g
Protein
64g
Carbs
22g
Fat

Monday
13
OCT 2025

Regular Plan

405kcal
Calories
31g
Protein
41g
Carbs
13g
Fat

Large Plan

585kcal
Calories
45g
Protein
59g
Carbs
19g
Fat

GONG BAD CHICKEN

with Brown Rice, Spicy Eggplant, and Garlic Boy Choy

DINNER

SNACK

Peanut Butter Chocolate Cookie



Regular Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Large Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

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Tuesday
14
OCT 2025

Regular Plan

445kcal
Calories
44g
Carbs
33g
Protein
15g
Fat

Large Plan

640kcal
Calories
64g
Carbs
48g
Protein
22g
Fat

LUNCH

HERB CHICKEN

With Roasted Potato, French Beans, and Harissa Sauce

Regular Plan

430kcal
Calories
36g
Protein
42g
Carbs
13g
Fat

Large Plan

620kcal
Calories
52g
Protein
61g
Carbs
19g
Fat

DINNER

Beef Bolognese

WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

SNACK

Images are for
illustration only.

Regular Plan

130kcal
Calories
3g
Protein
21g
Carbs
4g
Fat

Large Plan

130kcal
Calories
3g
Protein
21g
Carbs
4g
Fat

MANGO CHIA SEEDS PUDDING

CHICKEN RENDANG

LUNCH

with Coconut, Basmati Rice and Roasted Cauliflower

Regular Plan

475kcal
Calories
34g
Protein
46g
Carbs
17g
Fat

Large Plan

685kcal
Calories
49g
Protein
67g
Carbs
25g
Fat

Wednesday
15
OCT 2025

Regular Plan

360kcal
Calories
32g
Protein
35g
Carbs
10g
Fat

Large Plan

535kcal
Calories
48g
Protein
53g
Carbs
15g
Fat

Fresh Herb and Lemon Tilapia

with Cajun Roasted Sweet Potato and Herb Veggies

DINNER

GLUTEN FREE BANANA BREAD

SNACK

Regular Plan

175kcal
Calories
5g
Protein
16g
Carbs
10g
Fat

Large Plan

175kcal
Calories
5g
Protein
16g
Carbs
10g
Fat

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Thursday
16
OCT 2025

Regular Plan

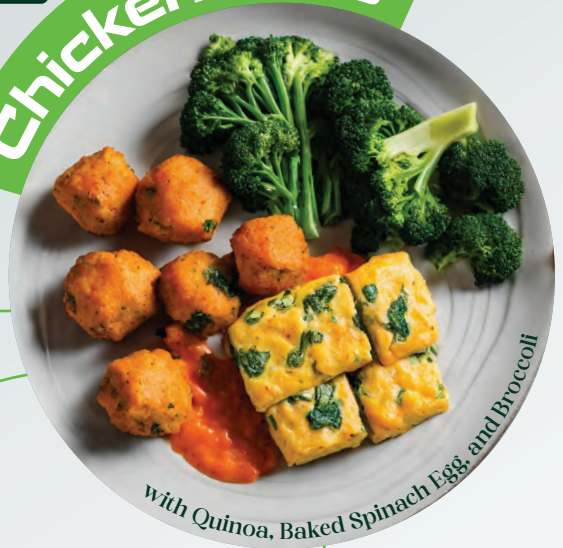
430kcal
Calories
35g
Protein
39g
Carbs
15g
Fat

Large Plan

645kcal
Calories
53g
Protein
59g
Carbs
23g
Fat

LUNCH

Chicken Balls



with Quinoa, Baked Spinach Egg, and Broccoli

Small Plan

395kcal
Calories
39g
Protein
28g
Carbs
14g
Fat

Large Plan

590kcal
Calories
59g
Protein
42g
Carbs
21g
Fat

PERI PERI CHICKEN



with Mushroom Barley Risotto and Braised Purple Cabbage

SNACK

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Regular Plan

185kcal
Calories
8g
Protein
20g
Carbs
8g
Fat

Large Plan

185kcal
Calories
8g
Protein
20g
Carbs
8g
Fat

OVERNIGHT OATS WITH APPLE AND MIX NUTS



Beef Patties



WITH MASHED SWEET POTATO, GREEN PEAS, AND CORIANDER LIME SAUCE

LUNCH

Regular Plan

475kcal
Calories
33g
Protein
43g
Carbs
19g
Fat

Large Plan

690kcal
Calories
48g
Protein
62g
Carbs
28g
Fat

Friday
17
OCT 2025

Basil Minced Chicken



with Brown Rice, Scrambled Egg, and Kailan

DINNER

Regular Plan

400kcal
Calories
35g
Protein
34g
Carbs
14g
Fat

Large Plan

585kcal
Calories
51g
Protein
49g
Carbs
20g
Fat

Peanut Butter Chocolate Energy Bites



SNACK

Images are for
illustration only.

Regular Plan

125kcal
Calories
4g
Protein
3g
Carbs
11g
Fat

Large Plan

125kcal
Calories
4g
Protein
3g
Carbs
11g
Fat